Get Fit Shiner Bock AFB!

Our plan to work off those beer bellies or how to go from a 6-pack of beer to 6-pack abs!

GOAL: Increase AD fitness on Shiner Bock AFB

- 25% of Shiner Bock AFB have taken the new fitness test
- Sadly 40% have scored below 75
- Poor fitness is incompatible with AF standards and mission accomplishment
- We must improve overall fitness!!

Objective #1

Increase number of units with active unit based fitness program to 100% in less than 90 days

Objective #1 activities

- Annual SAVs by FPM to unit programs
- Bi-monthly articles in the Shiner Bladder
- Canned unit fitness programs for easy use
- Weekly Stand-Up briefing of units' status

Objective #2

10% increase in number of personnel scoring above 75 on the AF fitness test

Objective #2 activities

- Weekly emails to BCIP participants
- Fitness class FITNESS BINGO
- Weekly open tourneys by Fitness Center
  - 3v3, ultimate, racquetball, b-ball, etc.
  - Bonus points for new players
- Quarterly fun runs/rides for exciting prizes
- Shiner Local Observation Board (SLOB)

Objective #2 cont and cont and cont and

- Weekly NSS (not so successful) stats to raise commander awareness at Stand-Up
- Implement Shiner Webnet tracking tool
  - Coordinated Reporting Assessment Program (CRAP)
- Supervisor tool kit to recognize excellent scores

Measures

- Increase use of Fitness Center and HAWC class attendance
- Increase in number of units with active fitness programs
- Increase % of folks scoring good/excellent
- HAWC satisfaction surveys